

V. Claims

What is claimed is:

1. A waist chain comprising:

a. a plurality of links;

5 b. a plurality of coupling members which connect said plurality of links, thereby forming a chain, said chain comprising two ends;

c. at least one end connection member which is connectable to both ends of said chain such that said chain becomes continuous;

10 wherein said waist chain is positioned tightly around the waist of a person such that as said person's weight increases, said waist chain becomes increasingly tight.

2. The waist chain of claim 1, further comprising at least one end link, said end link being connectable to one or both ends of said chain and to said end connection member.

15 3. The waist chain of claim 2, wherein said end connection member is a hollow cylinder comprising a sidewall.

4. The waist chain of claim 3, wherein said end connection member further comprises at least one opening in said sidewall, wherein at least one of said ends of said chain extends through
20 one said opening in said end connection member and said at least one end link prevents said end of said chain from passing out of said opening in said end connection member.

5. The waist chain of claim 4, wherein said end link is permanently connectable to at least one of said ends of said chain.

6. The waist chain of claim 4, wherein said end link is removably connectable to at least one of said ends of said chain.
- 5 7. The waist chain of claim 4, wherein said links, said coupling members, said end link, and said end connection member are constructed of metal.
8. The waist chain of claim 7, wherein said metal is stainless steel.
- 10 9. The waist chain of claim 1, wherein said plurality of links are spherical.
10. The waist chain of claim 1, wherein said plurality of links are hollow.
11. The waist chain of claim 1, wherein said plurality of links are slidably connected to said
15 plurality of coupling members.
12. The waist chain of claim 1, wherein said plurality of coupling members are rotatably connected to said plurality of links.
- 20 13. The waist chain of claim 1, wherein said plurality of coupling members are rod-shaped.
14. The waist chain of claim 1, wherein said end connection member is permanently connectable to at least one of said ends of said chain.

15. The waist chain of claim 1, wherein said end connection member is removably connectable to at least one of said ends of said chain.

5 16. A waist chain comprising:

a. a plurality of links;

b. a plurality of coupling members which connect said plurality of links, thereby forming a chain, said chain comprising two ends;

10 c. at least one end connection member which is connectable to both ends of said chain such that said chain becomes continuous, wherein said end connection member is a hollow cylinder comprising a side wall; and

d. at least one end link, said end link being connectable to one or both ends of said chain and to said end connection member.

15 17. The waist chain of claim 16, wherein said end connection member further comprises at least one opening in said sidewall, wherein at least one of said ends of said chain extends through one said opening in said end connection member and said at least one end link prevents said end of said chain from passing out of said opening in said end connection member.

20 18. The waist chain of claim 16, wherein said links, said coupling members, said end link, and said end connection member are constructed of metal.

19. The waist chain of claim 18, wherein said metal is stainless steel.

20. The waist chain of claim 16, wherein said end link is permanently connectable to at least one of said ends of said chain.
- 5 21. The waist chain of claim 16, wherein said end link is removably connectable to at least one of said ends of said chain.
22. The waist chain of claim 16, wherein said plurality of links are spherical.
- 10 23. The waist chain of claim 16, wherein said plurality of links are hollow.
24. The waist chain of claim 16, wherein said plurality of links are slidably connected to said plurality of coupling members.
- 15 25. The waist chain of claim 16, wherein said plurality of coupling members are rotatably connected to said plurality of links.
26. The waist chain of claim 16, wherein said plurality of coupling members are rod-shaped.
- 20 27. The waist chain of claim 16, wherein said end connection member is permanently connectable to at least one of said ends of said chain.

28. The waist chain of claim 16, wherein said waist chain is positioned tightly around the waist of a person such that as said person's weight increases, said waist chain becomes increasingly tight.

5 29. A weight loss method comprising:

- a. altering a person's food intake such that said person experiences weight loss;
- b. fitting said person tightly with a waist chain such that as said person's weight increases, said waist chain becomes increasingly tight;

wherein said waist chain comprises:

- 10 i. a plurality of links;
- ii. a plurality of coupling members which connect said plurality of links, thereby forming a chain, said chain comprising two ends;
- iii. at least one end connection member which is connectable to both of said ends of said chain such that said chain becomes continuous.

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